



THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME

We are excited about the fun that summer brings, but how are you holding up? Have you checked in with friends, practiced self-care, stay hydrated? This paper has brought about a voice to share understanding, get you excited about recovery and reminds you about the all the happenings at REN. This is a paper made by peers for peers and we hope that when you are ready... you will join us. Contact Jen A.H and let's hear from you

REN also offers groups each day to offer hope and educational opportunities that pertain to recovery and wellness. We hope you'll join us in groups!

The REN review is an opportunity for members to submit articles about all things happening at REN! Please submit story ideas, things you want to add, or some great pictures you've taken to Jen AH at jalonzo@renaz.org! If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!

P.S. CAMP SHADOW PINES IS COMING!!!!!!

IN THIS ISSUE

REN Outings

Renology

Fun Pages:
Mental Health Puzzle,
Trish Talks and fun
facts, music and movie
reviews

Updates, NEWS and
more!



Creative Writing

There was a seedling with an important purpose but she didn't know it yet. The sun and the mud were her friends. They also had important roles, but none of them knew it.

The seedling was frustrated. She couldn't seem to get out of the ground. The sun just knew she made everybody hot. The mud just felt dirty.

The gardener heard their conversation and knew he needed to provide some hope. He helped them to see they all were beautiful in their own way.

The mud provided nourishment to the seedling. The sun helped the seedling grow. the seedling still had to fight to push through the dirt, but when she emerged, she was a beautiful flower who provided happiness to those who looked upon her.

The moral of the story: We may feel ugly, we may not think we have worth; but there is one who knows exactly who we are and designed us all with a precious purpose.

Janelle Tobler

REN, White and Blue





REN, White and Blue



Grilled Peaches with Honey and Crumbled Boursin



File this under: Looks insanely impressive but is practically effortless. Grilling peaches brings out their sweetness—same for the drizzle of honey—and the creamy, herby, garlicky taste of Boursin Cheese elevates the entire appetizer. The key is looking for peaches that are ripe but still firm, so they can handle the heat of the grill without breaking apart. One bite, and you'll have found your new go-to dish for every backyard party.

- Preheat grill to medium-high.
- Cut peaches in half and remove pits. Brush the cut side with olive oil.
- Place peaches cut-side down on the grill, cooking until the cut side has caramelized and displays grill marks, about 3 to 4 minutes. (Note: If the peach sticks to the grill as you try to pick it up to check it, leave it there for another 30 seconds or a minute—it's not done caramelizing, and the peach could fall apart.)
- Arrange peaches on a platter, cut-side up. Drizzle with honey, top with candied pecans and crumbled Boursin cheese.



FUN IN RECOVERY

July

Word Search

mental Health



- THE SHORTEST COMMERCIAL FLIGHT IN THE WORLD LASTS JUST 57 SECONDS.
- JAPAN USES SUNFLOWERS TO CLEAR UP RADIATION.
- CANADIANS WANTED TO REName THE NORTHWEST TERRITORIES "BOB."
- AN ADULT'S BLOOD VESSELS COULD CIRCLE THE EQUATOR FOUR TIMES IF THEY WERE LAID END TO END.
- IF YOU TRIED A NEW VARIETY OF APPLE EVERY DAY, IT WOULD TAKE MORE THAN 20 YEARS TO TRY THEM ALL.
- NASA WAS SUED BY THREE MEN FOR TRESPASSING ON MARS.
- COTTON CANDY WAS INVENTED BY A DENTIST.
- A 1965 BARBIE CAME WITH A DIET BOOK THAT ADVISED READERS NOT TO EAT... AT ALL.
- THE WORLD'S TALLEST TROPICAL TREE IS 330 FEET TALL AND WEIGHS MORE THAN A JETLINER.
- .A MAN TRIED TO SELL NEW ZEALAND ON EBAY.
- .THE BUMBLEBEE BAT IS THE WORLD'S SMALLEST MAMMAL.
- THE LARGEST CUP OF COFFEE WAS MORE THAN 18,000 LITERS.
- A NOBLE PRIZE WINNER WAS GIVEN A LIFETIME SUPPLY OF BEER PIPED DIRECTLY INTO HIS HOUSE.
- .IT'S AGAINST THE LAW TO BUILD A SANDCASTLE IN ERACLEA, ITALY.
- HIPPOPOTOMONSTROSESQUIPPEDALIOPHOBIA IS THE FEAR OF VERY LONG WORDS.
- BENJAMIN FRANKLIN WROTE AN ESSAY CALLED "FART PROUDLY."

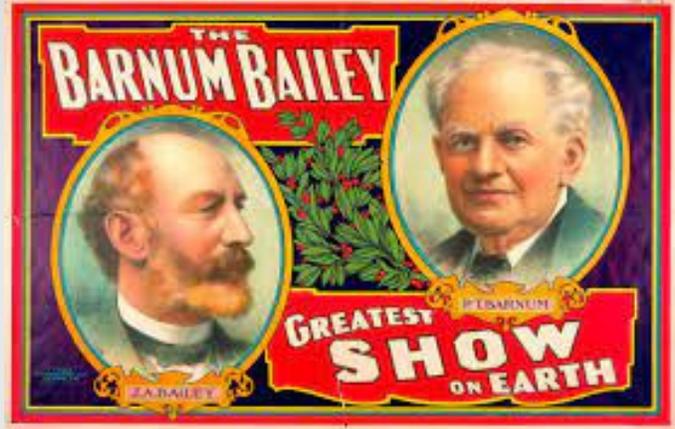
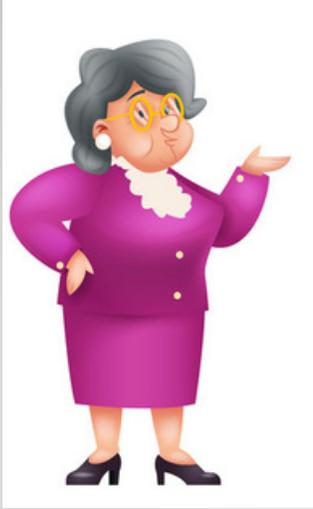
Mental Health Awareness

L O I V C D X Y B H K V J A A Y Y N J A N P K P
X J S A O M M I B Z J T D N A T S R E D N U H X
R H K F S M E L B O R P E L B L W Z L N V N H Y
P U H W J F G U T S P U P F C M N C A X X S B G
P Y C I I M E M V L J E R W F Q Q O T C P U B O
L H A X K G Z O E S I E E Y U A N O N B N P H L
I M O H G Y K O Q Q C L S T S B A N E I X P W O
S B R U H C K J O J R A S L V P Y K M Q D O C H
T D P O T H E R A P Y T I J A R E X K J Q R B C
E Y P N W D R T F U K P O H X P B A S W D T B Y
N B A O L I G R B O Y O N M D C V N K K C E V S
D H O I X S S B Z F N Z I T E A Z I E L H F X P
A Y H S B J T I Z D A I C O E A J Y E A O J U C
J O T S V D Q X V X J O E C Z A A Y V J T L M O
R F L A U K Q N J J M N G Q B W W I M A J K Q I
A E A P D B Y Q M U H Y U S A K O N H B T Q Y X
P F E M E C O J N Q R S T R C U B V W V L P M Z
E N H O W W E I R B G K E E R P T T B T B G T M
F N S C G O T H S G I N U A I N N C M C V C G V
Z J N C J Y K T I C E X L J K X Z A A U X X L E
N C H Q T T A L S S R I W G U O N N H B W U Y P
W K L O T U V A S E E N X J S R X A H V K I R F
A S S E R T I V E T T S P U G C K V T Q E W M O
S O I K L X F A J W T A M F F D X T P X Y Y H D

therapy	Behavioural	comunity	assertive
problems	psychology	depression	anxiety
approach	understand	compassion	listen
support	act	speak	awareness
health	mental		

Peer Trisha's Almanac

July 2022



- July 01, 1867** - The Dominion of Canada was formed on this day
- July 01, 1979** - Sony began selling its Walkman, a portable cassette player
- July 01, 1963** - The U.S. Postal Service instituted the Zone Improvement Plan Code, commonly known as the ZIP Code.
- July 02, 1964** - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination based on race in public accommodations, publicly owned or operated facilities, employment and union membership and voter registration
- July 03, 1856** - Kansas Statehood
- July 04, 1776** - HAPPY BIRTHDAY USA.
- July 04, 1884** - The Statue of Liberty was presented to the United States by the French in Paris.
- July 04, 1802** - The United States Military Academy opened in West Point, New York.
- July 06, 1885** - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.
- June 09, 1868** - The 14th Amendment to the U.S. Constitution was ratified. The Amendment defined U.S. citizenship and prohibited individual States from abridging the rights of any American citizen without due process and equal protection under the law. The Amendment also barred individuals involved in a rebellion against the U.S. from holding public office
- July 13, 1922** - Congress enacted the Northwest Ordinance establishing formal procedures for transforming territories into states. It allowed for the eventual establishment of three to five states north of the Ohio River to be considered equal to the original 13. The Ordinance included a Bill of Rights that guaranteed freedom of religion, the right to trial by jury, public education, and a ban on slavery in the Northwest.
- June 14, 1951** - Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia.
- June 15, 1215** - King John set his seal on Magna Carta,
- June 16, 1963** - Valentina Tereshkova, 26, became the first woman in space
- June 18, 1983** - Dr. Sally Ride, a 32-year-old physicist, and pilot, became the first American woman in space
- June 20, 1782** - The U.S. Congress officially adopted the Great Seal of the United States of America.
- June 24, 2010** - Labor Party deputy Julia Gillard became Australia's first female Prime Minister.
- June 26, 1945** - The United Nations Charter was signed in San Francisco by 50 nations.
- June 30, 1971** - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state, and local elections to American citizens 18 years or older.





Birthstone: Ruby. Zodiac Sign: Cancer (June 21 – July 22) leo (July 23 – July 22)
Here are some celebrities you share your special day with

July 1

- Pamela Anderson -1967
Princess Diana 1961 - 1997

July 2

- Lindsay Lohan - 1986
Thurgood Marshall - 1908-1993

July 3

- Yearldley Smith -1964
Tom Cruise - 1962

July 4

- Angelique Boyer- 1988
Calvin Coolidge 1872 -1933

July 5

- Huey Lewis -1950
PT Barnum - 1810-1891

July 6

- Kevin Hart - 1979
Sylvester Stallone 1946

July 7

- Shelley Duvall -1949
Ringo Starr 1940

July 8

- Kevin Bacon -1958
Nelson Rockefeller -1908 - 1979

July 9

- Courtney Love -1964
Tom Hanks - 1956

July 10

- Sofia Vergara - 1972
Nikola Tesla -1856 - 1943

July 11

- Lil Kim - 1974
John Quincy Adams -1767-1848

July 12

- Bill Cosby - 1937
Charlie Murphy -1959 -2017

July 13

- Patrick Stewart -1940
Harrison Ford- 1942

July 14

- Jane Lynch-1960
Loni Love -1971

July 15

- Diane Kruger -1976
Gabriel Iglesias- 1976



June 16

- Tupac Skakur -1971 - 1996
Stan Laurel -1990-1965

June 17

- Barry Manilow -1943
Greg kinnear -1963

June 18

- Carol Kane -1952
Paul McCartney -1942

June 19

- Paula Abdul -1962
Lou Gehrig-1903-1941

June 20

- Olympia Dukakis-1931-2021
Lionel Richie -1949

June 21

- Prince William-1982
Meredith Baxter -1947

June 22

- Meryl Streep- 1949
Kris Kristofferson - 1936

June 23

- Randy Jackson - 1956
June Carter Cash - 1929 - 2003

June 24

- Jeff Beck -1944
Jack Dempsey -1885 - 1983

June 25

- Ricky Gervais -1961
George Michaels- 1963-2016

June26

- Chris O'Donnell - 1970
Chis isaak- 1956

June 27

- Tobey Maguire -1975
Helen Keller -1880-1968

June28

- Elon Musk - 1971
Mel Brooks. - 1926

June29

- Gary busey- 1944
Colin Jost- 1982

June 30

- Daivd Allen Grier - 1955
Mike Tyson - 1966

